



1 Stay Hopeful

We'll get through this together.

One Community. One Purpose. 12 tribes compose the Confederated Tribes of the Colville Reservation. You are not alone. We have the resources needed to help you in your time of need.



2 Stay Connected

Social distancing does not mean social isolation.

24% of the tribe are over 55 years old. Protect them by staying socially distant, but remember to reach out to them so they do not become socially isolated. Check in with family, friends and elders by calling, video chatting, or sending an uplifting letter.



3 Stay Home

If you are feeling sick, stay home.

Stay home when you are sick except to get medical care or to make essential errands. Know the symptoms of COVID-19 which include: Coughing, Sneezing, Sore Throat, Fever, Chills, Body Aches, Exhaustion, Shortness of Breath and Loss of Taste or Smell.



4 Stay Germfree

Help prevent the spread of COVID-19.

Wash your hands often. 20 Seconds of hand washing can save lives. Avoid touching your eyes, nose and mouth with unwashed hands. Disinfect frequently touched surfaces and high traffic areas daily.



5 Stay Protected

Get the vaccine and wear a mask.

Wearing a mask decreases the risk of transmitting the virus by 65%. The combination of getting vaccinated and following the CDC's recommendations to protect yourself and others will offer the best protection from COVID-19.



6 Stay Healthy

Boost your immune system to fight off illness.

Healthy living strategies for your immune system: don't smoke, eat a healthy diet, stay hydrated, exercise, don't stress and get enough sleep. Less than 5 hours of sleep a night weakens the immune system.



7 Stay Informed

Our community is vulnerable to COVID-19.

American Indians are 4 times more likely to die from illness than the general population. This is because of the higher underlying chronic illness and conditions such as: Asthma, Diabetes, Heart Disease, Lung Disease, Obesity, Ages 65+ Years and Poverty

THE MODERNA VACCINE IS AVAILABLE AT IHS CLINICS & LRCHC

IHS Clinic Nespelem - (509) 634-2989 • IHS Clinic Omak - (509) 422-7416

LRCHC Keller - (509) 634-7300 • LRCHC Inchelium - (509) 722-7006

Stay Safe
Colville Tribes



CALL NOW 509.634.7350

• staysafecolvilletribes.com